

## INFORMATION PAPER

USACHPPM-DHPW-PHP  
11 OCT 2005

SUBJECT: USACHPPM Great American Smokeout (GASO) 2005 Efforts

1. Purpose. To provide information on USACHPPM efforts supporting GASO 2005

2. Facts.

- a. Tobacco products are highly addictive due to the drug nicotine.
- b. Approximately 70% of smokers want to become tobacco free and try to quit, but only about 5% are successful each year.
- c. It often requires 3 or more quit attempts to successfully become tobacco free.
- d. Tobacco use is both an immediate and long-term threat to the readiness of the Army.
- e. Tobacco use (smoking or spit tobacco) detracts from the performance of essential Soldier tasks.
- f. All Soldiers are Warriors and addiction to any tobacco product is contrary to the Warrior Ethos.
- g. The 2002 Survey of Health Related Behaviors among Military Personnel revealed a statistically significant increase in the rate of smoking among Army personnel from 31.1% (1998) to 35.6% (2002).
- h. Newly enlisted male Soldiers have the highest rate of cigarette use at greater than 50%.
- i. USACHPPM has compiled a list of seventeen peer-reviewed, evidence-based practical tobacco control resources freely available on the worldwide web to support installation tobacco control efforts for GASO 2005.
- j. Web resources are available from the USACHPPM Tobacco Control webpage at <http://chppm-www.apgea.army.mil/dhpw/Population/TobaccoCessation.aspx>

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